

Quick and Healthy Recipes for Diabetes

Appetizer/Snack

Cheesy Black Bean Triangles (from Cabot Cheese)

Makes 12 snack servings

Ingredients:

1 Cup cooked black beans	2 green onions, minced
2 cloves garlic, minced	1 tsp olive oil
4 (6-inch) whole wheat tortillas	2 sweet potatoes, baked, peeled, diced
1 large red roasted bell pepper, peeled	1/3 Cup dried cranberries
12 oz 50% reduced fat Cheddar cheese	1/4 Cup fresh parsley, chopped
1/4 Cup non-fat sour cream	

1. Slice red pepper into thin strips. Grate cheese. Set both aside.
2. Preheat broiler.
3. In small bowl, partially mash beans. Leave some whole. Set aside.
4. In nonstick skillet over medium heat, combine green onions, garlic and oil. Cook and stir until softened, about 3 minutes. Stir into beans.
5. Lay tortillas on clean work surface. Spread 1/4 of bean mixture on half of each tortilla. Divide sweet potatoes evenly over tortillas, followed by red pepper strips, cranberries and grated cheese.
6. Fold bare half of each tortilla over filling. Transfer to baking sheet and place under broiler until browned and slightly crisp.
7. Cut each tortilla into thirds, top with a teaspoon of sour cream and a pinch of chopped parsley.
8. Serve immediately.

Nutrition per serving: Cal 115, Fat 4 g, Carb 15 g, Fiber 2 g, Protein 7 g, Calcium 130 mg.

Nutritional benefits: Beans, whole wheat tortillas and sweet potatoes provide fiber to slow digestion and blood sugar rise. Cranberries are known for health-protective phytonutrients and antioxidants. Beans and cheese provide protein. Cheese provides calcium to help manage blood pressure. Garlic helps reduce blood clotting.

These can also be prepared at home, wrapped individually in plastic bags and reheated in a microwave until cheese just melts. One tortilla could serve as the main course of a lunch, accompanied by carrot and celery sticks and a calorie-free beverage.

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One-Pot/Casserole

Barley and Spinach Skillet Dinner

Makes 4 servings

Ingredients:

3/4 Cup quick-cooking barley	1 Cup chopped red bell pepper
1 Cup chopped green bell pepper	1/8 tsp garlic powder
1/8 tsp crushed red pepper flakes	2 Cups chopped fresh spinach (or Swiss Chard)
1 Cup canned navy beans	1 Cup quartered cherry or grape tomatoes
1/4 Cup chopped fresh basil	1 Tbsp olive oil
2 Tbsp Italian seasoned bread crumbs	1 lemon , quartered

1. Rinse and drain beans.
2. Preheat broiler.
3. In large skillet bring 1 Cup water to boil. Add barley, peppers, garlic and pepper flakes. Reduce heat, cover tightly and simmer 10 minutes or until water is absorbed.
4. Remove from heat, stir in spinach, beans, tomatoes, basil and olive oil.
5. Transfer to broiler-safe dish. Sprinkle evenly with bread crumbs.
6. Broil 2 minutes or until golden. Serve with lemon wedge.

Nutrition per serving: Cal 288, Fat 6 g, Carb 45 g, Fiber 12 g, Protein 10 g, Sodium 488 mg.

Nutritional benefits: Barley fiber is one of the two known to help lower cholesterol (the other is oatmeal). Beans, barley and vegetables provide fiber to slow digestion and blood sugar rise. Beans are a healthy low fat protein source, spinach is a good vitamin A source (as beta-carotene).

Hot Three-Bean Salad

Makes 12 servings

Ingredients:

2 Tbsp olive oil	1 Cup chopped onion
1 Cup chopped celery	2 cloves garlic, minced
1 15-oz can chickpeas	1 15-oz can kidney beans
1 Cup canned diced tomatoes, undrained	1 8-oz can tomato sauce
1 Cup water	1 jalapeño pepper, minced
1 Tbsp chili powder	2 tsp sweetener equivalent (or sugar)
1 ½ tsp ground cumin	1 tsp salt
1 tsp dried oregano leaves	1/4 tsp ground black pepper
10 pkg frozen cut green beans	

1. Rinse and drain canned beans.
2. Heat oil in large skillet over medium heat until oil is shimmering. Add onion, celery and garlic. Cook and stir five minutes, until onion is translucent.
3. Add remaining ingredients except green beans. Bring to boil then reduce heat. Simmer uncovered 20 minutes.
4. Add green beans. Simmer uncovered 10 minutes more until beans are tender.
5. Garnish with fresh oregano if desired.

Nutrition per half cup serving: Cal 118, Fat 3 g, Carb 20 g, Fiber 6 g, Protein 6 g, Sodium 521 mg.

Nutritional benefits: Beans are high in fiber and protein. Fiber helps slow digestion and blood sugar rise. Beans, vegetables, cumin, chili and oregano contain protective phytonutrients.

Dessert

No-Bake Pumpkin Pie

Ingredients:

1 Reduced-fat graham pie crust (ready-made)	1 ½ cup evaporated skim milk)
10 oz canned pumpkin	2 pkg (1 oz) sugar-free instant vanilla pudding
2 tsp pumpkin pie spice	1 tsp cinnamon
1 Spray can, Cool whip, fat free for garnish, optional.	

Directions:

1. Mix together milk, pumpkin pudding mix and spice in bowl with an electric mixer or wire whisk.
2. Spoon into pie crust
3. Chill in refrigerator for 2-3 hours before serving.

Divide pie into 8 wedges. Plate and serve.

Nutrition: 120 Cal, 32 Cal fat, 0.5g fat, 0mg Chol, 137 mg Sodium, 30g Carb

If the pie is divided into 10 slices calories will be 96 and carbs will be 24 g.

Graham cracker pie crust usually has less carbs and calories than home made or commercial pastry crusts. Applesauce and apple pie spice can be substituted for pumpkin, for a creamy apple-flavored pie.

Resources:

American Diabetes Association Cookbooks:

Diabetes and Heart Healthy Cookbook

The New Soul Food Cookbook, Cookbook for People with Diabetes

Cocinando para Latinos con Diabetes

American Diabetes Association, 1701 N. Beauregard Street, Alexandria, VA 22311
1-800-806-7801

www.diabetes.org Or <http://store.diabetes.org>

American Heart Association Cookbooks:

American Heart Association, 7272 Greenville Ave, Dallas, TX 75231-4596

1-800-242-8721

www.americanheart.org

Diabetic Cooking Magazine

7373 N Cicero Ave

Lincolnwood, IL 60712-9878

HINTS FOR BAKING WITH SPLENDA®

TO USE IN	DO THIS
frostings, candy, fudge, caramels pecan pie, angel food & pound cake	replace only 25% of sugar with Splenda
cakes and quick breads	use 8" pans 2" deep instead of 9" pans add ½ C powdered milk and 1 t baking soda for each cup of Splenda used
cookies	replace only the white sugar, not brown flatten balls or drops before baking
cookies, puddings, custards	add 1 t vanilla for each cup of Splenda
quick breads, muffins	add 1-2 T honey or molasses to increase flavor and moistness
yeast breads	add at least 2 t of sugar to recipe for the yeast

NOTES:

When creaming butter with Splenda®, the mixture will look grainy and may separate when eggs are added. This is normal.

To improve the browning of baked goods, spray lightly with cooking spray just before baking.

The cooking time is less with Splenda®, so check for doneness early.

Check cakes 7-10 minutes before expected end of baking time.

Check cookies, brownies and quick breads about 3-5 minutes before expected end of baking time.

Splenda® does not preserve foods the way sugar does. Baked goods made with Splenda® should be wrapped and refrigerated for storage. Jams and jellies should be refrigerated or frozen for storage.

SPLENDA AND OTHER SUGAR SUBSTITUTE EQUIVALENTS:

1 cup Splenda = 1 cup sugar

2 Tbsp liquid Sweet'N Low = 1 cup sugar

4 tsp Sweet'N low = 1 cup sugar

4 tsp Sweet'N Low Brown = 1 cup brown sugar

24 packets Sweet One = 1 cup sugar

12 packets Sweet'N Low = 1 cup sugar

HEALTHIER SUBSTITUTIONS

DAIRY FOODS

<u>High Fat</u>	<u>Lower Fat Options</u>
Whole milk in baking in soups	Skim, 1%, 2% or evaporated milk Fruit juice + ½ teaspoon baking soda Instant potatoes Pureed potatoes or vegetables
Cream	Evaporated skim milk
Sour Cream	Plain yogurt Buttermilk Cottage cheese (put through blender)
Cheese	Use half the amount of a sharper cheese (1 cup sharp cheese = 2 cups mild cheese) Use ½ regular + ½ low fat cheese

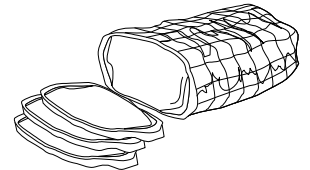
The **low fat cheeses** tend to have a milder flavor and a firmer texture. They often take longer to melt, and are more likely to get a 'skin' when baked. To use them successfully, you want to **avoid over-heating**. Grate, dice or slice them and add them at the last minute to sauces. To broil them, use a lower temperature or put them on a lower rack. Low fat cream cheese can be cubed and stirred into hot pasta to make a creamy sauce.

Butter/Oils

In baking	Most recipes can use half the fat with no effect Use ½ fat + ½ applesauce or prune puree
In frying	Use broth, wine, water, or fruit juice

MEATS AND CASSEROLES

- ✓In mixed dishes, reduce or omit the highest fat ingredients. For example, omit the olives, reduce the amount of bacon bits by half. Reduce or adjust the amount of cheese.
- ✓Increase the amount of vegetables in the mixture. For example, reduce the ground beef from 1 pound to half a pound, and add a can of black beans and a can of corn.
- ✓Substitute Canadian bacon instead of ham or regular bacon.
- ✓Trim visible fat, remove skin from poultry.
- ✓Saute meat in broth, wine, or fruit juice instead of oil or butter.
- ✓Broil or grill meat to increase the flavor, then use in casseroles.
- ✓Use spices, herbs and marinades to increase flavor.
- ✓Baste with low-fat salad dressings, mustard, fruit juice or jelly instead of drippings.
- ✓Plan a step to allow for refrigerating soups and stews, so that the fat can solidify and be removed.



Note: Some meat, notably pork, is leaner now than it used to be. Lean meat does not need as long to cook as fatty meat, and it may be tough or dry if over-cooked. You may find that you need to decrease the cooking time, or add a marinade, to keep the meat tender and juicy. Using a meat thermometer is the best way to assure safety and at the same time avoid overcooking.